



RASCALS FITNESS Results Training Program

What is Rascals “RESULTS TRAINING” program?

Rascals RT is designed to focus on **YOUR goals not ours!** We determine your fitness plan based on 3 elements.

- *1. **Results of your five-point questionnaire.**
- **2. **Results of your InBody composition testing.**
- ***3. **A Consultation with a trainer.**

***Five-point questionnaire:** A 5-point assessment conducted by a personal trainer designed to determine what your fitness goals are, as well as review your current routine.

****InBody testing and results:** An InBody test performed and the results gone over with a certified trainer. Recommendations on a program will be made at this time.

*****Consultation with a trainer:** You will have a PT meet with you **BEFORE** we *customize* a fitness plan. The plan will be gone over with you at every PT session, as well as a monthly Fitness test implemented to follow your results and make any needed adjustments to optimize your training.

HOW DOES THIS HELP ME?

You **cannot achieve your fitness goals** without knowledge of **where you are now**. We will implement a *fitness evaluation* and *customize* a plan based off of your current fitness level, the time you have available, and your goals. We **ALSO** monitor *your progress monthly* utilizing medically based tools and parameters while going over your results. **This is Key to your fitness success!**

HOW DO I START? IT'S EASY! Simply send an email to lauren@rascalsfitness.com to schedule your free fitness evaluation and get started today!

PLAN'S AVAILABLE: (you will be recommended a plan based off of your goals and your test results)

4 session/month with a certified trainer.

8 sessions/month with a certified trainer.

12 sessions/month with a certified trainer.

LET'S GET STARTED NOW!

Email Lauren@rascalsfitness.com to set up your **FREE** fitness evaluation today!